



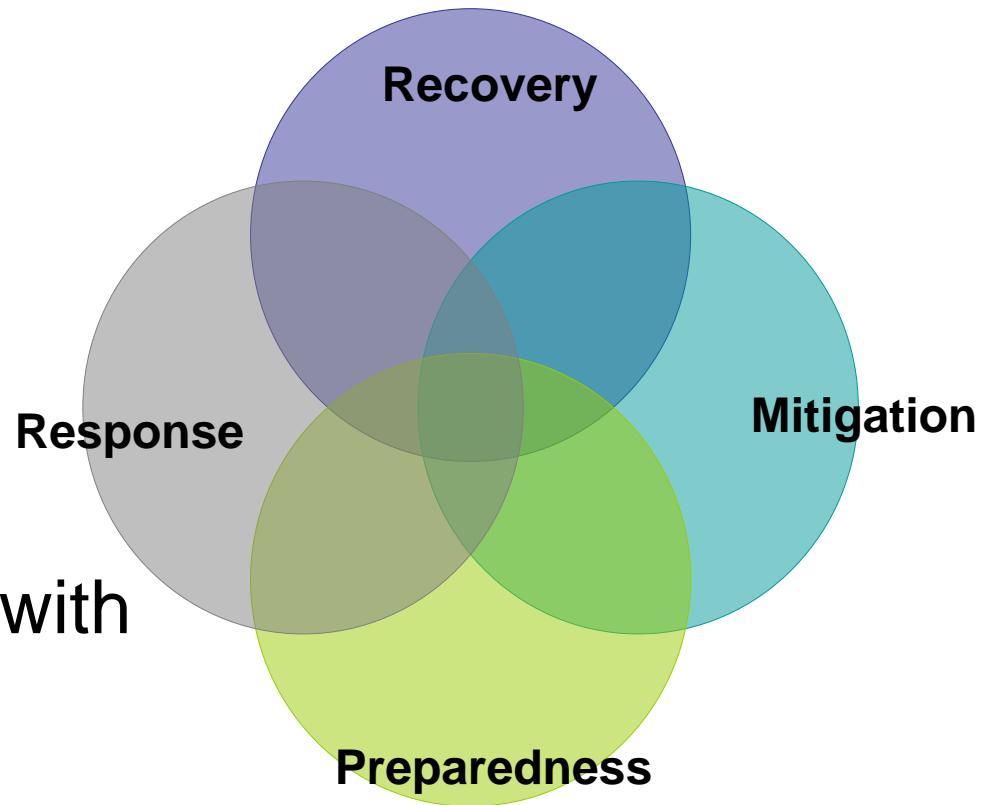
♦ *Empowering People* ♦

Emergency & Disaster Preparedness

For people with disabilities and
other special populations

Emergency Management Cycle

- Four phases:
 - Mitigation
 - Preparedness
 - Response
 - Recovery
- All phases overlap with each other making emergency preparedness a continuous event



Emergency Management Cycle

- Mitigation
 - Reduces the risks
- Preparedness
 - Reduces the impacts
- Response
 - Protects from consequences
- Recovery
 - Rebuilds the damages



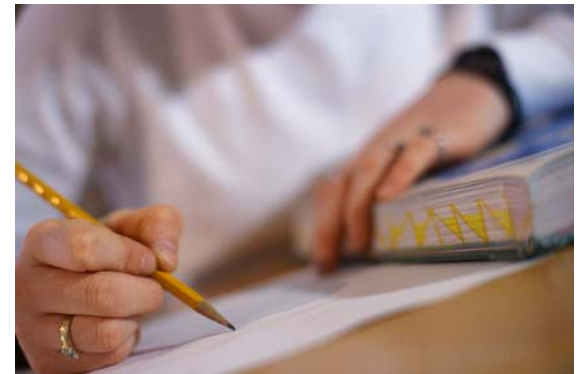
Inclusive Approach to Emergency Management

- Emergency Management must use an inclusive approach:
 - All general needs of the community must be met (by community **and** individuals)
 - Input and participation from individuals with disabilities must be part of all phases of emergency management, including planning
- It must also be an integrated effort:
 - Achieved by increased networking capability
 - Supported by planned coordination, partnership and interoperability

You need to BE INFORMED

- Individual level
 - it is your responsibility to know what to do in an emergency
 - » Know what your needs will be in an emergency (assessment)
 - » Know what hazards threaten your community
 - » Know what plans are available, if plans address general needs and if you can help

- Know what type of warnings are in place and if you can receive them
- Know what assistance programs/agencies are available
- Keep your plan and emergency kit updated



You need to MAKE A PLAN

- Have a personal support network available
 - Usually based on long-term relationships
 - Generally includes family, friends, co-workers and/or neighbors
 - Groups of trusted people who know you and are willing and able to assist you within a short period of time
 - Some suggest a minimum of three people, but this is an individual choice
 - More people in network = stronger and more reliable



- Choose an “out of town” contact
- Decide where to meet
- Complete a communication plan
- Plan escape routes and safe places for sheltering in place
- Plan for your pets and service animals
- Prepare for different hazards

You need to PREPARE AN EMERGENCY KIT

- Water (1 gallon per day per person)
- Food (canned-meats, fruits and vegetables, peanut butter, granola bars, cereals, cookies, tea and coffee, canned juices)
- Flashlight and extra batteries
- Battery-powered radio (accessible radios for people who are deaf or hard of hearing). Be aware of emergency alert broadcast stations
- Prescription and over-the counter medication
- Medical information tag (s)
- Pencil and paper
- Blanket, whistle and complete change of clothes for each member of the household
- Personal care and comfort items (eye glasses, toys, books, etc)
- Important personal documents (medical, immunization records, insurance cards, cash, credit cards, etc)
- Basic first aid kit
- Soap, toilet paper and bleach
- Special items for infants and any other individual health and safety needs

Emergency Response

- Sheltering in place
 - First option during emergencies & disasters
 - Identification of needs essential
 - Have emergency supplies available
 - Establish a support network
 - Plan for pets and/or service animals
 - Contact utility companies for help during planning and for additional resources

- Evacuation
 - Follow official instructions and recommendations
 - Have a plan that includes emergency supplies, emergency contact information, utility services shut-down steps, etc
 - Know what type of equipment and resources you need to evacuate



- Know who your emergency contact is and notify him/her of your arrival
- Plan for assistance if not able to evacuate by yourself
- Make sure you have enough supplies with you for 72 hours at a minimum
- If unable to evacuate contact emergency services and let them know why you cannot evacuate. Let them know who you are and where you are... before the emergency hits!

Finally, you need to MAINTAIN YOUR PLAN

- Review your plan every six months
- Check water and food supplies for expiration dates and discard and replace as necessary
- Check your fire extinguisher for need to recharge

- Emergency planning

- Community level

- Need to know your community
 - Work in partnership with other individuals and organizations in the community
 - Improves communication and resource sharing
 - Get to know who your local emergency responders are
 - Creates relationships, obligations and responsibilities!
 - Reduces redundancy



Recovery & Mitigation

- General strategies
 - Getting “back to normal” does not happen; things have changed
 - Recovery involves rebuilding and reinforcing
 - Bring things back together
 - Make them more resistant to future events
 - Recovery itself is not useful without further reducing your risks (mitigation)
 - During next events the same losses will occur without mitigation
 - Being prepared is not enough, you must also be resilient!